



# CITY MANAGER'S NEWSLETTER



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## **BE ADVISED THAT TICK SEASON IS AMONG US**



The warmer months, April through September, are considered tick season. Most of us we can't wait to get outside as soon as the weather warms up. Whether you're outside doing yard work, participating in or watching sports, or walking the dog, here are a few tips for preventing tick bites.

If possible, avoid the areas where ticks live; areas with heavy brush, tall grasses and trees. If you will be spending time outside, The Centers for Disease Control and Prevention suggests using a product with 20% or more of DEET. Permethrin is a product that can be sprayed directly on clothing, shoes/boots, and is found effective even after several washings. Always be certain to follow application directions carefully and keep these products away from eyes, mouth and hands.

The CDC suggests that you bathe within two hours after returning inside. Be certain to scan your entire body for ticks; check children and pets as well. Thoroughly inspect all articles of clothing, bags and gear, as ticks may ride in on people, animals, or other items. As an added precaution, you may tumble dry your items in a hot dryer for an hour to kill any remaining ticks.

Should you come across a tick that is attached to the skin, follow these safe tips on tick removal:  
[http://www.cdc.gov/ticks/removing\\_a\\_tick.html](http://www.cdc.gov/ticks/removing_a_tick.html)

## **MEDRETURN DRUG COLLECTION UNIT A SUCCESS**

The MedReturn Drug Collection Unit installed in the lobby of the **Woodstock Police Department** earlier this month is a success! In less than a month, it was filled to capacity with unwanted and expired prescription and over the counter drugs. On Tuesday, **Detective Sergeant Jeff Parsons** and **Sergeant Dan Wesolek** emptied the unit for the first time; after weighing the contents, it was determined that 32 pounds of drugs had been disposed of by residents.

The drugs will be securely stored in the evidence vault until the next DEA pick up in September. The DEA will then dispose of the drugs in an environmentally safe manner.

The MedReturn Drug Collection Unit is available 24/7 365 days a year. Located in the lobby of the Woodstock Police Department at 656 Lake Avenue, the unit is as simple to use as a mail box. So clean out those medicine cabinets and cupboards now and make your home a safer place for your family!



### **IN THIS ISSUE...**

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## **MEMORIAL TREE ADDS TO BEAUTY OF EMRICSON PARK**

A beautiful Autumn Blaze Maple tree was donated to the City of Woodstock by **Monica Amraen** and family. Employees of the **Department of Public Works' Parks Division** planted the tree last week in Emricson Park near Bigelow Softball Field 'B'.

This tree is in memory of Monica's late husband, Steve, who spent many years at the softball fields with Monica watching their son play softball, Steve also refereed soccer games at Emricson and enjoyed walking the family dog throughout the park.

We hope that as you drive through the park this summer and fall, you will enjoy the colors as they change from green to magnificent hues of red and orange!



## **RECRUITMENT NEWS**

Interviews have been scheduled with 6 candidates for **LPT Box Office Worker** and **LPT House Manager** at the **Woodstock Opera House** for next week.

The initial round of interviews for **Finance Director** was held this week with **City Manager Roscoe Stelford** and **HR Director Deb Schober**, and participation by two Finance Directors from area communities.

Interviews with 6 candidates for **Public Works Director** have also been scheduled for the week of June 10<sup>th</sup>, and will include professional peer participation from surrounding communities as well.

## **SPRING SEASON KEEPS PARKS DIVISION EMPLOYEES BUSY**

Due to the rains and wet spring we've had so far this year, our **Parks Division employees** have been very busy mowing 400+ acres of park sites. Many areas have been mowed twice a week in order to keep up with the rapid growth.

Public Works employees have also been responsible for additional tasks during the past few weeks in preparation for several special events that have occurred in the city:

- Fair Diddley;
- Girls on the Run 5K;
- Little Angels Pledge Run; and
- Memorial Day Service and Parade

Check out the Community Calendar on the City's website for upcoming meetings and events in Woodstock [www.woodstockil.gov](http://www.woodstockil.gov)

## **SWINGS ADDED TO APPLE CREEK PLAYGROUND**

This past week **Parks Division employees** installed a new two-tier swing set addition to the existing playground structure in the Apple Creek subdivision. In January, Apple Creek residents requested additional play equipment for the neighborhood children. Funding for this project was requested and approved by the City Council in the FY13/14 budget. As soon as the last bolt was installed on the new swing set, the children were out and about playing on the equipment.



## **HEALTH & SAFETY MESSAGE: GOOD VIBES & HOW TO GET THEM**

Certain foods and lifestyle additions are almost certain to improve your outlook, especially if used consistently over a period of time. We can add to our happy day prospects by trying these strategies:

### **Fish & Nuts--**

*Why?* These protein-rich foods are sources of omega-3 fatty acids, which protect your brain and prevent mood swings, as well as magnesium, which soothes the nervous system. Unfortunately, the carbs we often scarf down when stressed have just the opposite effect.

*How?* A handful of raw nuts per day, and two servings of fish per week are best, or substitute a daily fish oil capsule and magnesium supplement as options.

### **Jogging--**

*Why?* During aerobic exercise, your pituitary gland releases endorphins that work like opiates, and the more intense the movement, the better the feeling.

*How?* 30 minutes per day, 3-5 times per week is best; use ellipticals, bikes or rowing machines if running is hard on joints. And there are plenty of at-home video exercise programs these days that mean you can even dress down and sweat alone!

### **Vitamin B Complex--**

*Why?* The brain uses a lot of B vitamins to synthesize neurotransmitters like serotonin and dopamine, which are critical mood chemicals.

*How?* Foods like whole grains, bananas, eggs and leafy greens are excellent sources, but many individuals benefit from high-potency B supplements, in addition. If you're getting enough B's and still feeling down, be sure to check your vitamin D level, which is often deficient in much of our population, especially during long low-light winter months.

### **Talk Therapy--**

*Why?* Recent studies show that cognitive-behavioral therapy (don't be scared—it just means talking about issues, focusing on the positives and setting goals) is as effective as Paxil in treating depression. It's been proven that using medicine alone frequently leads to relapses, while using talk therapy in addition offers much greater long-term success.

*How?* One session every two weeks is usually effective. But if you can't bring yourself to share your secrets with another person, take out the pen and paper or laptop and at least vent that way.

And when things get bad—or hopefully before—remember that the City's health plan covers visits to mental health providers by calling Allied Care Solutions at 1-800-440-1440.

## **STORMWATER POLLUTION CONTROL**

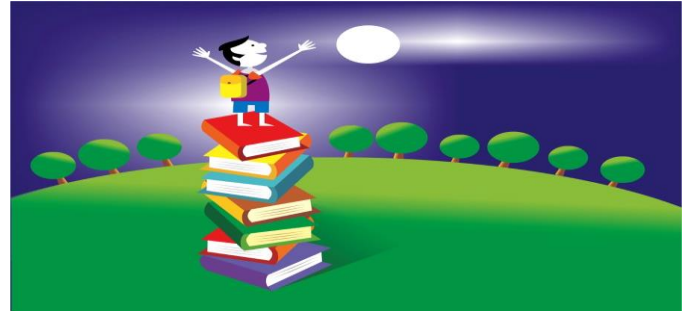
Each year, the City of Woodstock must complete and submit an Annual Facility Inspection Report (AFIR) to the IEPA to fulfill one of the requirements of the National Pollution Discharge Elimination System (NPDES) – Phase 2 regulations imposed on municipalities without combined sewer systems. These regulations require municipalities to implement a stormwater management program designed to reduce the discharge of pollutants into the storm sewer system to the maximum extent possible. This is accomplished thru public education and outreach, public involvement and participation, illicit discharge detection and elimination, construction site runoff control, post-construction stormwater management and pollution prevention for municipal operators. The City's website has contact information if a resident has questions regarding the program or notices a possible discharge of pollutants into the storm sewer system and wishes to report it. The AFIR was recently completed by **City Engineer, Al Wilson**, and submitted to the IEPA prior to the required June 1<sup>st</sup> deadline.

## **WOODSTOCK WATER WORKS OPENS MEMORIAL DAY WEEKEND**

Despite the cooler temperatures and bouts of rain this past weekend, **Woodstock Water Works** opened its doors for its twelfth season. While under normal circumstances the facility would have been closed, opening allowed the fourteen new lifeguards to pair up with a returning guard and go through a complete rotation and discussing what to expect at each chair or station so that their first time alone is less intimidating. There wasn't a big crowd but, as usual, the committed regulars couldn't wait for the first swim!

Season pool pass sales picked up considerably on Tuesday, Wednesday, and Thursday with the warm weather. Over 400 season passes were sold generating over \$11,000 in revenues.

## **SEE THE WORLD AT THE LIBRARY!**



Sign-up for the children's Summer Reading Program is already underway, so come in to the Children's Desk to pick up reading logs for kids from age 2 through those entering 5<sup>th</sup> grade. For the older family members, grades 6-12, stop at the Reference Desk for your reading logs. Starting June 3, participants in the program can redeem their reading hours for prizes in our "Duty Free Shop." The Grand Finale for the program will be a performance of *Disney's The Little Mermaid, Jr.* at the **Woodstock Opera House** on Friday, July 19.

Other exciting summer events include a Superhero Showdown event in June, and at the end of June, a Splash Party at the **Woodstock Water Works**. July will feature Disney Day and All Aboard!, a special storytime all about trains. Registration for programs, and additional information on our events, is just a few clicks away on the library's website: [www.woodstockpubliclibrary.org](http://www.woodstockpubliclibrary.org).

There will be storytimes throughout the summer, at the library, at the Highland Shores Community Building in Wonder Lake and at the Tuesday Farmers Markets. The storytimes will take us to far off places and fascinating locations, without ever having to leave the library. For details and times, please see our calendar at: <https://il.evanced.info/woodstock/lib/eventcalendar.asp>.

Grown-ups can participate as well, with every book you read over the summer earning you chances to win great prizes. Plus, our new summer reading software allows you to provide your own book reviews, and to read those of your fellow library patrons. Check it out at: <https://il.evanced.info/woodstock/sr/homepage.asp>.



## **WOODSTOCK CHALLENGE NEEDS VOLUNTEERS AND RUNNERS!**

The **Recreation Department** is seeking volunteers to help with the 36<sup>th</sup> Annual Woodstock Challenge Road Races on Saturday, June 15 in Emricson Park. Anyone interested in being a timer, course marshal, registrar, or work a water stop should contact **Rec Center Manager Mary Lynn Lisk** at 338-4363 or e-mail at [mlisk@woodstockil.gov](mailto:mlisk@woodstockil.gov).

Volunteers will receive a race T-shirt, breakfast, and are invited to the pool party after the race. **In addition, volunteers will receive two free guest passes to the Rec Center and a day pass to Woodstock Water Works.**

Depending on the assignment, most volunteers are finished by 9AM. However, we are very flexible so if you have a time constraint, we will make assignments accordingly to accommodate your schedule.

In addition to volunteers what would a race be without runners and walkers? The Challenge offers four races for all running levels. The 10K begins at 8:00AM, the 5K begins at 8:05AM and the Family/Kids 1-mile and ½-mile run/walks begin at 8:06AM.

**Mayor Sager** will be leading the 1-mile Kids Run and Woodstock Water Works mascot **Ty the Turtle** will be leading the ½-mile Kids Run.

*Thanks and hope to see you on the 15th. It's a fun event and proceeds from the race benefit Woodstock Recreation programs and NISRA's Special Olympics training programs!*

## **MEETINGS NEXT WEEK...**

Tuesday, June 4- City Council Meeting, 7PM,  
Council Chambers  
Thursday, June 6 – Library Board, 7:30PM, Library



Defeat is not the worst of failures. Not to have tried is the true failure.

[George Edward Woodberry](#)

